**Students and families:**

During the next 4 weeks we will be learning about MyPlate and the 5 food groups, as well as developing basic juggling skills. To learn juggling we will use videos from the [National Circus Project](https://nationalcircusproject.com/). To learn about nutrition, we’ll use resources from [Nutrition From The Hart](https://nutritionfromthehart.com/2021/01/04/myplate/). Keep both of these websites handy just in case you need to look for a file or video.

Also, keep this page in a safe place. It’s a checklist of everything that you will need to complete during this 4-week *Juggling Nutrition* experience! But, if there’s ever a time when you need a copy of our learning materials, you can visit: [OPENPhysEd.org](http://www.openphysed.org/penow) to download activity pages, assignments, and watch video demonstrations of the learning activities that we’ll be using in physical education class.

**Grades 9-12 Physical Education Checklist for Juggling Nutrition**

|  |  |
| --- | --- |
| **CHECK** | **WEEK 1 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include [3 Scarf Juggling](https://youtu.be/uWiZ4fNqu5c) at least 3X per week. |
|  | Complete *MyPlate Social Media Profile* from [NutritionFromTheHart.com](https://nutritionfromthehart.com/2021/01/04/myplate/) |
|  | **WEEK 2 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include [Basic Ball Juggling Practice](https://youtu.be/2adm_33hGmU) at least 3X per week. |
|  | Complete *Recipe Scavenger Hunt* from [NutritionFromTheHart.com](https://nutritionfromthehart.com/2021/01/04/myplate/) |
|  | **WEEK 3 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include [Basic Ball Juggling Practice](https://youtu.be/2adm_33hGmU) at least 3X per week. |
|  | Complete *Build Balanced Meals (Level 3)* from [NutritionFromTheHart.com](https://nutritionfromthehart.com/2021/01/04/myplate/) |
|  | **WEEK 4 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include [Basic Ball Juggling Practice](https://youtu.be/2adm_33hGmU) at least 3X per week. |
|  | Complete *Food Group Pizza Goals* from [NutritionFromTheHart.com](https://nutritionfromthehart.com/2021/01/04/myplate/) |